



Rivington Foundation Primary School

Healthy Eating Policy

AIMS

Proper nutrition is essential for good health and effective learning.

We aim to:

- Work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- Provide a consistent programme of cross-curricular nutrition education that enables pupils to acquire knowledge and understanding about food and to make informed choices without guilt or anxiety.
- Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals in line with Government guidelines.
- Provide opportunities for pupils to experience a wide variety of foods.
- To enable pupils to understand the links between feelings, emotions, behaviour and food.

NUTRITIONAL AIMS

- To encourage and guide pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide – ‘The Balance of Good Health’.
- Encourage foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, fish, beans, bread or suitable vegetarian alternatives and lower fat dairy products.
- Encourage starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods or sugary foods.
- Encourage fruit juices, milk and water.
- Discourage sugary drinks and snacks between meals – link to dental hygiene.

- To encourage children to drink water throughout the day. Children may bring water bottles daily, washed and refilled at home for health and safety reasons.
- Encourage children to understand there are no 'bad foods' – just bad diets. Moderation is the key to foods such as sweets and crisps.

CITIZENSHIP

The subtle messages that pupils receive about food and health from the daily life of school are as important as those given during lessons e.g. school menus, peer pressure to eat certain snacks in packed lunches. By working together, we can promote healthier eating habits.

- To help pupils to be aware of and recognise the power and bias of advertising food and drink.

SCHOOL CATERING

- School lunchtime menus are set by Lancashire County Council and implemented by school catering staff.
- Catering theme days occur and may be linked to curriculum areas or calendar events.
- All children are offered a portion of vegetables as part of their meals. They are encouraged to try some, even if it is a small portion.
- Awareness and sensitivity to pupils and staff needing specialist diets e.g. allergies, including nuts, dairy products, diabetics, coeliacs.
- Subsidised milk is available for Key Stage 1.
- All children are offered a choice of school meal. Meals are chosen and booked in advance with the assistance of parents.
- Fruit is provided to Key Stage 1 children.
- Awareness and sensitivity to pupils and staff with religious dietary observances.

PACKED LUNCHES

- Parents are encouraged to provide a balanced packed lunch for their child. Sweets, fizzy drinks and chocolate should not be included. The school provides a suitable storage area for lunch boxes.
- Pupils are encouraged to put all waste and uneaten food back in their lunch box so that parents know what has been eaten.

MID-MORNING SNACK

The only snack children can bring to school is fruit or raw vegetables e.g. raw carrot. This helps to reduce litter and ensures children still have an appetite for their lunch.

- Fruit is provided free of charge for Key Stage 1 children.

- Subsidised school milk is promoted as a vital contribution to calcium intake.

SCHOOL ETHOS, ENVIRONMENT AND ORGANISATION

The school recognises:

- The importance of lunchtime organisation on the behaviour of pupils.
- The value of promoting social skills.

Teachers, caterers and welfare staff work together to create a good dining room ambience and the development of appropriate table manners.

Non-teaching staff are involved and supported by the school behaviour policy.

All children are encouraged to have school meals to support the development of social skills and to promote acceptance of a wide range of foods.

Lunch arrangements also enable pupils to attend lunchtime activities.

FREE SCHOOL MEALS

The school recognises the particular value of school meals for children from low-income families. Parents are made aware of the system of free school meals and the non-discriminatory process is emphasised.

TREATS AND REWARDS

The school recognises that sweets do have a place in school for special occasions e.g. birthdays. When an individual brings in sweets for a special occasion, children in the class take those sweets home.

CURRICULUM, TEACHING AND LEARNING

- Pupils are given the opportunity to taste, touch, smell, and feel a variety of foods across the curriculum.
- Multicultural aspects of food are explored.
- Parent helpers may assist in classroom cooking sessions.
- Outside agencies may come into school to talk to pupils concerning healthy eating issues.
- School is part of the tackling obesity scheme and offers healthy cookery classes at different times during the year.

PARENTAL INVOLVEMENT

- Information about school catering is provided at parents evenings and through the school newsletter e.g. menus, theme days.
- Feedback from parents is encouraged via class teachers and the head teacher.

Policies

- Advice is always available to parents regarding snack/lunch box contents.

The school healthy eating policy is agreed between staff and governors after consultation with representatives of these groups

Policy May 2004

Updated November 2009

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